

Abstract

The invention relates to a method to act upon at least two recipients (10, 11, 12) of a pneumatic system in an alternating manner, in particular a pneumatic massage system of a motor vehicle seat, with a pressure medium flow. It is proposed in accordance with the invention that at least one, first air cushion (10, 11, 12) that serves as a recipient (10, 11, 12) be filled with a gaseous working fluid, while the working fluid is actively suctioned off from at least one other, second air cushion (10, 11, 12). The corresponding pneumatic circuit is connected in such a way that the at least one, first recipient (10, 11, 12) is connected to the at least one, second recipient (10, 11, 12) via connecting means (14, 16, 18, 20, 88, 90, 94, 96, 98) and a feed pump (22). In addition, a vehicle seat is proposed, in particular a seat for a motor vehicle, in which at least two recipients (10, 11, 12) are integrated, which recipients are acted upon via the method in accordance with the invention in an alternating manner with a pressure medium flow of the working fluid.